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Please run more than once.
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For Release
Immediately through June

Women's Health Screening

Women due for a gynecological check-up are invited to sign up for an appointment with the Madison Health Department. The check-ups are open to all women 18 years and older who live in Madison, Chatham Borough, Chatham Township, Cranford and Springfield, including nannies and other household employees and those without health insurance coverage. Regular check-ups are an important part of staying healthy.

The screening will be held at the Madison Health Department located in the Civic Center, 28 Walnut Street, Madison on Monday, June 5th starting at 10:00 a.m. Appointments are necessary and may be made by calling 973-593-3079 ext.1. A \$25.00 fee may apply if a Pap test is indicated.

This comprehensive check-up for women will include manual breast and pelvic exams, colo-rectal exams, blood pressure checks and education on the technique of monthly breast self-examination for each participant. Dr. Rohini Jobanputra will determine with each woman if a Pap test is advisable for her. Current recommendations for Pap test frequency depend on factors such as age, medical and screening history and gynecological concerns.

Healthy habits for women in addition to annual check-ups include engaging in physical activity most days of the week, eating a nutritious diet that includes lots of fruits and vegetables, and avoiding high risk behaviors like smoking and not wearing a seatbelt. Women are often the caregivers for their spouses, children and parents and forget to focus on their own health. Research shows that when women take care of themselves, the health of their family

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improves. When women take even the simplest steps to improve their health, the results can be significant and everyone will benefit.

The Madison Health Department encourages women to sign up for the screening and also to pass the word along to other resident women who may not know about this service. Call the Madison Health Dept. (973-593-3079 ext.1) for an appointment for yourself or a loved one. Participants should have their physician's name and address ready when they call. This community event is conducted by the Madison Health Department in partnership with the health departments of Chatham Borough, Chatham Township, Cranford and Springfield.

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